



ROADRUNNER CHRONICLE

October 2006

Monthly Newsletter for the Retirees of Tempe Association

Hawaiian Luau



Saturday, November 4th 6:00 pm



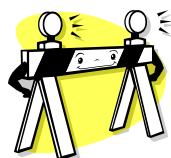
Come and enjoy some great Hawaiian food and entertainment. Learn to hula and watch fire throwers! What more could you ask for in one evening? We encourage you to wear your favorite Hawaiian garb!

Menu: Chicken kabobs, Hawaiian rice, tropical fruit salad, mixed veggies, pineapple cake and lava cake for dessert.

Cost: \$10 for RTA members and \$15 for non-members

Registration Deadline: 11/1

Registration Code: 3965



Renovations at PYLE



In an effort to make our front entrance ADA compliant, the Pyle Center will be undergoing a ramp renovation. The city will be tearing out a good portion of concrete from our front entrance, including the curb and handicap ramp and will be replacing it with a larger ramp with a slight incline.

Our front entrance will not be accessible beginning on Monday, November 6. Please use one of the two back entrances until the work is complete. Some of you use alternate transportation such as Dial-A-Ride and we will make arrangements with them to let them know the drop off and pick up area.

Sorry for any inconvenience.

"You are a Star" Volunteer Luncheon

October 19

If you have volunteered your time to the Pyle Center or to the Cahill Senior Center this past year then you will receive an invitation to our "You are a Star" Volunteer Luncheon. Watch your mail for your invitation!

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City of Tempe Parks and Recreation

Pyle Adult Recreation Center • 655 East Southern Avenue, Tempe, AZ 85282

Business Office: 480-350-5211 Fax: 480-350-5294 Text Telephone/TDD: 480-350-5050

www.tempe.gov/pyle

Hours of Operation: 8:00 am—9:00 pm Monday—Thursday
8:00 am—5:00 pm Friday 9:00 am—4:00 pm Saturday

MONDAY LUNCH Program

Our lunch program begins with announcements at 11:30 am and is followed by a delicious meal, and then entertainment. You may register for the entire month in advance, but payment in full is required by the Wednesday prior to the Monday program.

October 2:

Menu: Bratwurst, sauerkraut, pickle, German chocolate cake. Entertainment: *Phil Morreale* has been performing since 1953. He's a professional entertainer that sounds like Dean Martin and looks like Tony Bennett. You'll enjoy his relaxed manner, love his two-liners and listen to his short stories while you go back to "The Good Old Days".

Cost: RTA member \$4.00/\$5.00 non-members.

Registration Deadline: 9/27

Registration Code: 3175

October 9: **WESTERN DAY**



Menu: BBQ beef on bun, beans, carrot salad, cherry pie.

Entertainment: *Mini Talent Show* presented by our very own Pyle Center retirees. So, dress up in your favorite western duds,

round up your friends and come have a hootin', hollerin' good ole time!

Cost: RTA member \$4.00/\$5.00 non-members.

Registration Deadline: 10/4

Registration Code: 3176

October 30: **HALLOWEEN CARNIVAL**

Entertainment:

- Carnival games
- Cakewalk
- Ghost stories
- And much more!

Prizes for BEST COSTUME!!

Cost: \$3.00 for RTA member and \$4.00 non-members.

Registration Deadline: 10/25

Registration Code: 3179



October 16:

Menu: Spaghetti with meatballs, salad, breadsticks, cream puffs. Entertainment: *Road Runner Band* plays songs from the 50's and 60's, such tunes from Dion, Spencer Davis Group, the Beatles and The Beach Boys. Carol plays the bass guitar and sings while Ron sings, plays the guitar and the keyboard. They'll be here to entertain you and give you a "dancing time" that you'll never forget!

Cost: RTA member \$5.00/\$6.00 non-members.

Registration Deadline: 10/11

Registration Code: 3177

October 23:

BIRTHDAY BINGO ~ Bring your own lunch and help us celebrate our **October** birthdays with some yummy cake & ice cream. Bingo will follow and it is played for small prizes. Come join the fun.

We know you can't pass up a piece of cake & ice cream! **FREE for RTA members/\$1.00 for non-members.**

Registration Deadline: 10/18

Registration Code: 3178



Menu includes:

- "Bat"wiches
- "Mummy" dogs
- Dried, crunch leaves (chips)
- Green fingers (pickles)
- Worm pudding
- Haunting dessert
- Witches Brew





Fall Craft Boutique

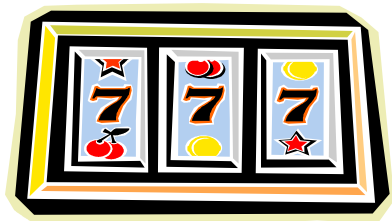
Friday, October 27 9 AM - 4 PM
Saturday, October 28 9 AM - 3 PM



This annual event is a great time to get a head start on your holiday shopping! There will be a variety of unique handcrafted items for sale. Sloppy Joes, hot dogs and chili dogs will be on sale and make sure to stay for the FREE entertainment! We are sold out of tables, but we should have lots of new crafts this year, we have twenty five new vendors! The entertainment for

Friday, October 27 will be : **11 am**-Looney Tooner Kitchen Band, **12 pm**-Pyle Center Dancers, **1 pm**-Senior Songbirds, **2 pm**-ASU Dancing Devils and on **Saturday, October 28**: **9 am**-Trippers, **10 am**-Folklor y Cultura Mexicana, **11 am**-Dance Dynamix, **12 pm**-Forever Young Dancers, **1 pm**-ASU Dancing Devils, and **2 pm**-Swing Kids. For more information, call 480-350-5211.

Bus Trips to APACHE GOLD CASINO



Are you feeling LUCKY?!

How would you like to try and win some money?! Well, you're in luck because the Pyle Center is once again offering bus trips to the Apache Gold Casino once a month! This month's excursion will be held on Tuesday, October 31. The bus will depart the Pyle Center at 7:30 am and return to the center by 4:30 pm. Cost for the trip is \$11.00. Upon arrival to Apache Gold, each registrant will receive a \$10 cash back coupon and a **FREE** fun book with food and gaming coupons. So the total cost for the trip to the casino will be \$1, which will go toward the driver's gratuity. **PLEASE NOTE: We must have at least 35 participants registered in order for the trip to go, so register early!**

Bingo, poker, slot machines are just part of the gambling fun day!

Registration Code: 4049
DON'T DELAY, SIGN UP TODAY!

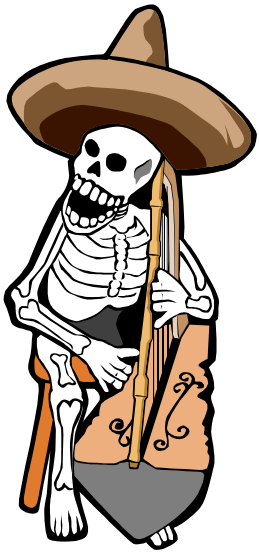
Valley Metro Transit Smart

Valley Metro will be introducing a transit training program at the Pyle and Cahill Centers designed for senior citizens. This series of workshops, which will run from October through Spring 2007, is aimed at lending support to older adults as they become familiar with using the city bus. The program will be presented in phases.

Phase one will have an initial presentation, which will introduce the Transit Lifestyle and conduct a survey of current transportation habits. This is followed by a workshop to prepare for a group bus trip and then a field trip is made on a subsequent day. **Phase two** will involve another workshop and field trip. **Phase three** will feature a roundtable discussion by participants. Valley Metro wants to hear from you and find out what's working and what's not. There will also be another field trip.

The best part about this program is that it's all free and each participant will receive a gift on the field trips. The Pyle program will begin on October 19 and the Cahill program will begin on October 26. **Watch for flyers** with all the details on this important program and sign up if you're interested. It is designed to make you more comfortable with public transportation and it should also be a lot of fun!





DIA DE LOS MUERTOS

Day of the Dead • October 31

11 am Activities/12 pm Lunch & Entertainment



The Pyle Center and TCAA have joined together to offer you a *joyful celebration* of Dia de los Muertos or Day of the Dead. This ancient Aztec celebration is very popular in Mexico where it became a national holiday to celebrate and honor dead friends and loved ones.

The Mariachi Pasion Trio is an all female group who will be here to perform and share the beauty and emotion of mariachi music. Come enjoy activities and celebrate the Day of the Dead with us!

You MUST sign up for the TCAA lunch in order to partake in the activities and entertainment.

**Sign up at the front desk by
Monday, October 30 by noon!**

TCAA Menu: Mummy Dogs, Potato Bugs, Scary Kraut, Graveyard Treat



The Senior Artists of the Pyle Adult Recreation Center
under the instruction of Donna Levine cordially invite you to attend their
ART EXHIBIT

October 23, 2006 -January 26, 2007

Opening Reception

Thursday, October 26, 6-8 pm

The exhibit will be held at the Tempe Public Library
Second Floor Gallery ~ 3500 S. Rural Rd.



"This exhibit offers an eclectic overview of some of the work accomplished in the retiree art classes. The wide range of subject matter expressed in oil, acrylic, watercolor, colored pencil, and other drawing media, is truly extraordinary." - Donna Levine

Flu Shots will be given by the *Mollen Clinic* on
Friday, October 20 from 9 - 11:30 am.
Pick up a flyer in the lobby for a list of
health insurance providers who will provide
coverage for the shots.

Flu Shots will be given by *Healthwaves* on
Wednesday, November 15 from 10 am -12 pm.
They accept Medicare Part B, Blue Cross/Blue
Shield and self pay (cash or check)
\$30 flu, \$45 pneumonia.

If your health insurance plan is accepted then you **MUST** present
your insurance card for coverage at the time of service.

Flu shots are on a first come, first serve basis dependant on vaccine availability.



CLUBS/Activities

Bunch for Lunch Group:

Come join this fun group as they meet for lunch and enjoy good food and good company.



Our next outing will be held on **Wednesday, October 11 at 11:30 am.** We will be dining at **Hail Mary's** located at 1402 S. Priest in Tempe (on the west side of the street).

Meet at the restaurant. Transportation and cost of lunch is on your own. Please sign up at the Pyle front desk if you would like to attend.

Book Club

The October discussion will be on *Lucy* by Ellen Feldman. Due to the craft sale, the Bibliomaniacs have made alternate arrangements for their October 27 meeting. It will be held at 9 am at **Friendship Village**, located at 2625 E. Southern Ave. in the Cochise Lounge of their main building. This book club is currently full but if you are interested in joining a new one, stop by the front desk and let us know!



Blood Pressure Checks

If you'd like to have your blood pressure checked by one of our experienced volunteers then come to the Pyle Center on the first Monday of every month. This is on a first-come, first-serve basis and will be available between 10:30 -11:15 am in the Card Room. This month's check will be held on **October 2.**

Free TUESDAY MOVIES



The Pyle Center is pleased to offer a variety of movies, *FREE*, every Tuesday at 12:30 pm.

October 3 - Failure to Launch
Comedy (PG-13) 1hr 36min

October 10 - Syriana
Mystery/Drama (R) 2hr 8min

October 17 - Akeela & the Bee
Drama (PG) 1hr 52min

October 24 - The Pink Panther
Comedy (PG) 1hr 33min

October 31 - The Corpse Bride
Animation (PG) 1hr 17min



TCAA Lunch Program

All games and entertainment will start at 11:00 am. We have now expanded our programming to Tuesdays AND Fridays.

- Oct. 3 ROLL-A-DICE
- Oct. 6 LCR or a.k.a. left, center, right
- Oct. 10 Joan Monti will play some October-fest music on the accordion
- Oct. 13 POKENO
- Oct. 17 SUDUKO
- Oct. 20 Fall Arts & Crafts
- Oct. 24 UN Day - NAME THAT FLAG game
- Oct. 27 **NO LUNCH** due to Arts & Craft Boutique
- Oct. 31 Halloween, join us for a Dia De Los Muertos celebration. The Mariachi Pasion Trio will be here to share the beauty and emotion of mariachi music. Come enjoy activities and celebrate the Day of the Dead.

MICHELE'S Moments

Think back to when your children started to drive a car....back when they were probably 16 or maybe even younger. Can you imagine a 16 year old driving today, on these streets, and in the big city traffic? How about trying to teach them to drive? How about with me in the passenger seat? Yes, that is now me, I am the one with the white knuckles, and the fingernail cuts in the palm of my hand from riding in the passenger seat and hanging on for dear life as my daughter is driving in the city! Makayla got her permit a couple of weeks ago, and now I cannot leave the house without, "Mom, can I drive?" As a parent, when I have been taxi driving my kids to all their events and activities, I used to think, oh, I cannot wait until they can drive themselves. Now it is here, and I am saying, let me drive, I can get us there quicker, safer, and sweat free.

The first night she drove after receiving her permit, Phil (my husband) sat in the back seat and once we got to where we were going, he got out sweating from nerves, and his palms were all wet! Not that she is a bad driver, she just has other things on her mind than just driving. Like....what her hair and makeup look like...at EVERY traffic stop!!! Drives me nuts! Needless to say, I have signed her up for Stop and Go Driving School, 8 hours of instruction in a classroom, and then 6 hours of actual driving time with an off-duty policemen. They will take her to the airport, through construction zones, on the freeway, driving in the day and in the night....I can't wait until she is finished with that program. She is in Driver's Education in school but it isn't like it used to be, they use simulators in the classroom so it isn't real driving to them, and they don't take it seriously.

So if I look frazzled at the office, it is only because I let Makayla drive me somewhere! On another note, we do have several fun things coming up, just as a reminder, the Volunteer Luncheon is October 19th, so if you have volunteered any this year you will get invited to that great event. October 27 and 28 is the Arts and Crafts Festival, and then the all time favorite is the Halloween Carnival on October 30. Get your costume together now, because we have some great prizes for the best costumes, and it is so much more fun when more people participate!

Get out of your house, enjoy the cooler weather and come and have fun with us at the Pyle Center!

NEW North Tempe Multi-generational Center

Congregate Meals AVAILABLE

Tempe Community Action Agency (TCAA) is serving congregate meals at the new North Tempe Senior Center on Tuesday, Wednesday and Thursday at 11:30 am. Bingo is played on Tuesdays after the meal. The new center is located at 1555 N. Bridalwreath in Tempe. For more information, contact them at 480-858-6500.

Tuesday Needlewielders MOVE

The Tuesday Needlewielders group have a new home! They have recently relocated to the new North Tempe Multi-generational Facility at 1555 N. Bridalwreath in Tempe. They were previously meeting at the Abiding Savior Lutheran Church in north Tempe. The group meets each Tuesday in the Sisso Room from 9 am -12 noon. If you like to crochet, knit, sew, quilt or socialize with a group of talented and fun ladies, this group is for you! You are welcome to join them.



Need a map? See the Pyle or Cahill Center front desk.

Thinking of Downsizing? ~ Join Lori Ulman for a light-hearted discussion on the challenges of transitioning through the ages and stages of life. Lori believes that examining our lives now and taking the time to create a personal structure for success can provide us with our brightest futures. She is the owner of Transitioning Treasures, a downsizing and transitioning service for senior citizens. She is a former second grade teacher, the mother of a blossoming autistic child and a certified life coach.

Date: Oct. 2 from 7-8 pm

Fee: NONE - Registration Code: 3490



Aviators of World War II & Korea ~

This series was presented in 2004 live and video taped. Since these are individual stories of an important time in our nation's history, it was felt worth repeating.

Date: Oct. 3 thru Nov. 7 from 10 am - 12 pm.

Fee: NONE - Registration Code: 4073

Conversational Spanish ~ Hola! Come and learn to speak Spanish from one of our very own retirees, Lucille Houston. This fun and interactive class will teach you to ask questions in Spanish, order wine, lunch or anything else. There is no cost for this class, but you must purchase the required text, "Spanish in 10 Minutes a Day" for \$18 at any local bookstore. Classes will be held on Tuesdays beginning Oct. 3 thru Nov. 14 from 10 - 11:30 am.

Fee: NONE - Registration Code: 3197

Elderhostel Presentation ~ Joan Silberschlag, an Ambassador from Elderhostel will give you details on Elderhosteling and how you can be a part of this travel/educational program for seniors.

Date: Oct. 3 from 7 - 8 pm

Fee: NONE - Registration Code: 3199

Cancer Survival 101 - The Wellness Community of Central Arizona ~The Wellness Community (TWC) is a national nonprofit organization that provides support, education and hope to people with cancer and their loved ones. Through participation in professionally led support groups, educational workshops and mind/body classes utilizing the Patient Active Concept, people affected by cancer learn vital skills that enable them to regain control, reduce isolation and restore hope regardless of the stage of disease. You need not have cancer to join Program Director Lyn Brysacz for an informational presentation on the services offered by The Wellness Community. You will hear from a cancer survivor first hand details on the role TWC played in their success. Questions and answer session to follow. Date: Oct. 11 at 10 am

Fee: NONE - Registration Code: 4074

Diabetes Lecture ~ If you have Diabetes and want to learn more about: What foods to eat, How to read food labels, carbohydrate counting, understanding all the "numbers" and beginning to exercise, this is the class for you.

Oct. 18 from 6 - 7:30 pm.

Fee: NONE - Registration Code: 4014

Charcoal Art Class ~ In this workshop, explore the oldest forms of medium in the world. Be creative, allow yourself to play in this messy art form!

Date: Oct. 4 from 10 am -12 pm.

Fee: \$7 - Registration Code: 3979

Date: Oct. 10 from 6:30 - 8:30 pm

Fee: \$7 - Registration Code: 3980

Meet Daisy Rouse at Lee Lee Oriental

Supermarket, 2025 N. Dobson Rd., Chandler (NE corner of Dobson & Warner) and get help with shopping for the recipes that are demonstrated in the Southeast Asian Cooking classes.

Transportation for this field trip is on your own.

Meet Daisy in the interior lobby near the medicine counter of Lee Lee Supermarket.

Date: Oct. 4 at 10 am.

Fee: NONE - Registration Code 4039

Southeast Asian Cooking Class with Daisy

Rouse ~ Join Daisy once again for an interesting look at SE Asian Cooking. Daisy's classes give an informative look at the history of regional influences as well as showing you how to make some scrumptious Asian dishes. You get to taste the food and take home a recipe booklet.

Date: Oct. 5 from 1pm.

Fee: \$7 for RTA members, \$10 for non-members



LIFELONG Learning Classes

Stress Management

for Healthy Aging ~ Daily stress can sometimes become overwhelming and lead to mental exhaustion, relationship problems, and physical illness. Common physical ailments, like back pain and headache as well as chronic illness, like diabetes and arthritis, can be exacerbated by out-of-control stress. In fact, studies show that between 60% and 90% of all physicians visits are for stress-related complaints. This program is designed to help you better control your stress and reduce the impact it has on your daily life and physical health. Over the course of this 6-week program, we will discuss and practice strategies that utilize the connection between the mind and the body to decrease physical symptoms, improve mood, and increase positive outlook on life. Fee: Presented by the ASU Clinical Psychology Department. Date: Oct. 9 - Nov.13 from 6 - 8 pm. **Fee: \$40 for six 2-hour sessions, program materials included - Registration Code: 3563**



Rejuvenate Your Landscape with Judy Mielke

Whether your landscape needs a minor facelift or a major overhaul, learn how to evaluate your existing conditions and prepare a plan to implement the improvements. Basic principles of design and maintenance will be presented, as well as how-to techniques for converting turf areas to low-water-use, low-maintenance plantings of trees, shrubs, succulent accents and flowers. Bring photos and a site plan of your project to the second class and Judy will give you some great advice! Oct. 10 & 17 from 6:30 - 8:30 pm. **Fee: \$15 - Registration Code: 3193**

Libyan Islamic Presentation ~ This one-time session will be a discussion led by Paul Cooper about the changes in Islam and his experiences in Libya. Participants are encouraged to bring questions and current issues to discuss as a group after the presentation. Date: Oct. 23 at 6:30 pm. **Fee: \$10 - Registration Code: 3564**

"Good Grief": Choices that Bring Healing As We Work Through Loss ~ We live in a world where grief and personal loss impact each and every one of us throughout our lives in various forms. Though we can't avoid loss and the grief which inevitably accompanies it, we can learn how to work through grief in ways that result in healing and personal growth. If you're hurting because of a significant loss, you need to know that there is hope for you. While you can hardly imagine it right now, *there is life after loss!* Things will probably never be just as they once were, but you can grow through your grief and over time even find that you will again enjoy being alive. Lecture presented by John Schaeffel, Spiritual Care Coordinator, Infinity Hospice Care.

Date: Oct. 18 from 10:30 - 11:30 am.

Fee: NONE - Registration Code: 4012

Flourless/Sugarless Cooking Class ~

Join Dee McCaffrey, Certified Diet Counselor and American Association of Nutrition Professional for a three part series on eliminating processed food from your diet permanently. Dee who is 4'10", will share her personal story of how she went from 210 lbs to 110 lbs. in one year by eliminating certain processed foods from her diet. Come learn how to cook and eat to lower your cholesterol.

Date: Oct. 4 from 6:30 - 8:30 pm

Fee: \$30 - Registration Code: 3971

Colored Pencils ~ Explore the properties of color, various drawing techniques, and the application of the techniques to enhance expressive content in color.

Date: Oct. 18 from 10 am - 12 pm

Fee: \$7 - Registration Code: 3981

Oct. 24 from 6:30 - 8:30 pm

Fee: \$7 - Registration Code 3982



LIFELONG Learning

Learn and Play ~ Do you enjoy playing games?
Would you like to learn some new ones?
Join the group and learn as you play.
Date: Tuesday, Oct. 10 - Oct. 31, 9:30-11:30 am.
Fee: \$10 - Registration Code: 3966

Long Term Care ~ How the Long Term Care (LTC) system works and its available services. Get current facts about Medicare provisions and Medicaid spend-down rules, how to extend your independence, how LTC insurance costs are computed, different ways to design a LTC policy, how to project cost in future years, price comparisons among companies, ways to reduce your cost, alternative ways to protect yourself without buying LTC insurance, companies to avoid, when NOT to get LTC insurance.
Date: Nov. 3, 10:30 am - 12 pm
Fee: NONE - Registration Code: 3943
Date: Nov. 8 from 7-8:30 pm
Fee: NONE - Registration Code: 3944

Personal Organization ~ Learn the mental process of organization, setting the vision, and the process to lead you to organization in your daily life. Organize yourself, your children, your parents, and all the stuff that clutters your day.
Date: Oct. 3 thru 17, 7-8:30 pm.
Fee: \$25 - Registration Code 3970

Trick and Accuracy Casting Demo ~ Hey fishing fanatics! Come to the Pyle Center and see Stan Fagerstrom, Hall of Fame Fisherman and World Class Bait Caster, demonstrate trick and accuracy casting! Stan will amaze you on his ability to hit various targets, and entertain you with his tricks all done with a closed faced reel. Sign up now as space is limited!
Date: Saturday, October 14 at 10 am.
Fee: \$3 children and retirees/\$5 adults
Registration Code: 3964

Fall Prevention Lecture ~ Falling is a cause in 70% of accidental deaths among people 75 years of age and older and most falls could have been prevented. Learn the reasons seniors fall and real things you can do to prevent falls. Presented by Marc Katz from Hearts of Joy Senior Care.
Date: Oct. 13, 10-11:30 am.
Fee: NONE - Registration Code: 3194

FREE SPIRIT VACATIONS

(480) 926-5547 Call to book your next vacation!

Celebrate Life Travelers Get-Together will be held on **October 10, 2006 at 9 am.**
Please join us for valuable information AND fun!

Tequila Festival

October 14-15 \$ 395 pp/dbl \$ 519 pp/sgl

Antelope Canyon and Lake Powell

November 9-12 \$ 499 pp/dbl \$ 699 pp/sgl

GREAT ROAD ART

November 18 \$ 89 pp

A Magical Disney Thanksgiving

Nov 21-24 \$ 750 pp/dbl \$ 950 pp/sgl

Getty to Getty

Nov 28 - Dec 1 \$ 450 pp/dbl \$ 625 pp/sgl

Lake Havasu Parade of Lights

Dec 2 - 3 \$ 250 pp/dbl \$ 315 pp/sgl

OCTOBER - PYLE CENTER

10

MON	TUES	WED	THURS	FRI
<p>2</p> <ul style="list-style-type: none"> •11:30am Cribbage •11:30 Bratwurst, sauerkraut, pickle, German chocolate cake. Entertainment: <i>Phil Morreale</i> 	<p>3</p> <ul style="list-style-type: none"> •9am-1pm Needlewielders •10-2 Party Bridge •10-2 Pinochle •10am Readers' Theatre •11am Roll-a-Dice •12pm—TCAA Lunch – Chicken dumplings, lima beans, sliced carrots, fruit cocktail •12:30 FREE Movie-<i>Failure to Launch (PG-13)</i> 	<p>4</p> <ul style="list-style-type: none"> •9-1 Painting Workshop •1pm BINGO 	<p>5</p> <ul style="list-style-type: none"> •9am-12pm Mah Jongg •9am-1pm Needlewielders •10am Party Bridge •10-2 Pinochle •12-1:30pm Current Events •1pm Southeast Asian Cooking Class 	<p>6</p> <ul style="list-style-type: none"> •9am-12pm Canasta •12-3pm Pinochle •11am LCR •12pm—TCAA Lunch October fest: Bratwurst, sauerkraut, German potato salad, black forest cake
<p>9</p> <ul style="list-style-type: none"> •RTA Meeting 10am •11:30am Cribbage •11:30 WESTERN DAY BBQ beef on bun, beans, carrot salad, cherry pie. Entertainment: <i>Mini Talent Show</i> 	<p>10</p> <ul style="list-style-type: none"> •9am-1pm Needlewielders •10-2 Party Bridge •10-2 Pinochle •11am Joan Monti accordion •12pm—TCAA Lunch – Pork cutlet, cauliflower florets, mixed veggies, wheat roll, fresh oranges •12:30 FREE Movie-<i>Syriana (R)</i> 	<p>11</p> <ul style="list-style-type: none"> •9-1 Painting Workshop •1pm BINGO 	<p>12</p> <ul style="list-style-type: none"> •9am-12pm Mah Jongg •9am-1pm Needlewielders •10am Party Bridge •10-2 Pinochle •12-1:30pm Current Events 	<p>13</p> <ul style="list-style-type: none"> •9am-12pm Canasta •12-3pm Pinochle •11am Pokeno •12pm—TCAA Lunch Baked salmon with a lemon cream sauce, roasted cauliflower, Asian veggies, wheat roll, cherry cobbler
<p>16</p> <ul style="list-style-type: none"> •11:30am Cribbage •11:30 Spaghetti with meatballs, salad, breadsticks, cream puffs. Entertainment: <i>Road Runner Band</i> 	<p>17</p> <ul style="list-style-type: none"> •9-1 Needlewielders •10-2 Party Bridge •10-2 Pinochle •10am Readers' Theatre •11am Sudoku •12pm—TCAA Lunch lemon chicken, broccoli, sliced carrots, wheat bread, pineapple tidbits •12:30 FREE Movie <i>Akeela & the Bee (PG)</i> 	<p>18</p> <ul style="list-style-type: none"> •9-1 Painting Workshop •10am Faux Painting (workshop) •1pm BINGO 	<p>19</p> <ul style="list-style-type: none"> •9am-12pm Mah Jongg •9am-1pm Needlewielders •10am Party Bridge •10-2 Pinochle •12-1:30pm Current Events 	<p>20</p> <ul style="list-style-type: none"> •Flu Shots 9am-11:30am •9am-12pm Canasta •11:30 Bunch for Lunch •12-3pm Pinochle •Fall Arts & Crafts •12pm—TCAA Lunch Hot open faced roast beef, mashed potatoes, yellow squash & tomato, wheat roll, strawberry shortcake
<p>23</p> <ul style="list-style-type: none"> •Red Hat Meeting 10am •11:30am Cribbage •11:30 Birthday Bingo - bring a sack lunch and enjoy some cake & ice cream 	<p>24</p> <ul style="list-style-type: none"> •9-1 Needlewielders •10-2 Party Bridge •10-2 Pinochle •UN Day—Name that flag •12pm—TCAA Lunch Parmesan chicken, peas & carrots, cauliflower florets, wheat roll, vanilla pudding •12:30 FREE Movie <i>The Pink Panther (PG)</i> 	<p>25</p> <ul style="list-style-type: none"> •9-1 Painting Workshop •1pm BINGO 	<p>26</p> <ul style="list-style-type: none"> •9am-12pm Mah Jongg •9am-1pm Needlewielders •10am Party Bridge •10-2 Pinochle •12-1:30pm Current Events 	<p>27</p> <p>ARTS & CRAFT BOUTIQUE 9 am - 4 pm</p>
<p>30</p> <ul style="list-style-type: none"> •10am Radiant Red Hats •11:30am Cribbage 11:30 HALLOWEEN CARNIVAL. Menu: "Bat"wiches, "Mummy" dogs, Dried, crunch leaves (chips), Green fingers (pickles), Worm pudding, Haunting dessert, Witches Brew 	<p>31</p> <ul style="list-style-type: none"> •9-1 Needlewielders •10-2 Party Bridge •10-2 Pinochle •12pm—TCAA Lunch ~ <i>DIA DE LOS MUERTES</i> Halloween mummy dogs, potato bugs, scary kraut, graveyard treat •12:30 FREE Movie <i>The Corpse Bride (PG)</i> 	<div>  <p>Food Drive</p> <p>The City of Tempe will be hosting a food drive for those less fortunate than us. It will be held on November 8 from 11 am - 1 pm in the Pyle parking lot. Clean out your cabinets and give to a great cause! Watch the November Roadrunner for more information.</p> </div>		

Valley Metro's Transit Training

Program is coming to Cahill Senior Center. The first session is Thursday, October 26 at 10am. Watch for flyers on this important series of workshops that includes free bus field trips. Become a bus riding expert and have some fun, too!

Bingo

Is played at the Cahill Senior Center every Monday and Friday at 1:00 pm. If you are interested in being a caller or a bingo helper for either of the days, please see Leah or Cathy at the front desk. Bingo cards go on sale 30 minutes prior to the start of the game. Cards are 50 cents each and there is a six (6) card limit.

CLUBS/ACTIVITY News

"Forget-Me-Nots" Red Hat Ladies

Meet at Cahill Senior Center the first Wednesday of each month. Come join them [October 4th](#) at 2:30 pm in the Riverside Room and see what their fall plans are.

Pool Tournament

Generally every Friday at 10:00 am. Check the calendar for tournament days. Two game elimination. Open to everyone. Sign up at the Front Desk.

Needlework Club

Meets every Tuesday from 10:00 am to Noon in the Cahill Lobby. Knitting, Crocheting, Quilting, whatever your specialty, bring in your latest project and enjoy the company of others.

SPECIAL Events



Oktoberfest

Friday, October 6 ~ 11:00 am

Enjoy an autumn meal of bratwurst and kraut on a bun, potato salad and apple pie a la mode for dessert.

Entertainment:
Kitch & Calli
and the A to Z of
Comedee

Fee: RTA Members \$4,
non-members \$5
Registration Code:
3242



Thanksgiving Luncheon

Friday, November 17 at 11:00 am

Fee: RTA Members \$5, non-members \$6

Roast turkey, dressing, mashed potatoes & gravy, vegetable, pumpkin pie.

Entertainment by
Orpheus Emeritus Men's Chorus

Registration Code: 3243



City of Tempe Parks and Recreation

Dennis J. Cahill Senior Center • In the Westside Multi-generational Center

715 W. 5th St., Tempe, AZ 85281

Business Office: 480-858-2420 Fax: 480-858-2415 Text Telephone/TDD: 480-350-5050

www.tempe.gov/westside/senior.htm

Hours of Operation: 8:30 am—2:30 pm Monday—Friday

UPCOMING EVENTS



Breakfast & Bunco

Wednesday, October 11 at 9:00 am

RTA members: \$3, non-members: \$4

Menu: waffles, sausage, fruit, juice and coffee

Registration Code: 3238

Continental Breakfast & Games

Wednesday, October 25 at 9am

\$2.00



Breakfast & Bunco

Wednesday, November 8 at 9:00 am

RTA members: \$3, non-members: \$4

Menu: Egg strata, biscuits, fruit,
juice and coffee.

Registration Code: 3239

FRIDAY TWO DOLLAR *Lunches* ~
served at 11 am.

Oct. 13 ~ Menu: Broccoli/cheese soup, bread.

Registration Code: 4059

Oct. 20 ~ Bring Your Own Lunch,

"Death by Chocolate" dessert provided.

Registration Code: 4060

Oct. 27 ~ Menu: Sloppy Joes, chips & pickle.

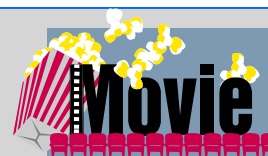
Registration Code: 4061

Nov. 3 ~ Menu: TBA.

Registration Code: 4070



Free NEW RELEASE



EVERY WEDNESDAY at 11:00 AM

October 4 - Failure to Launch

Comedy (PG-13) 1hr 36min

October 11 - Syriana

Mystery/Drama (R) 2hr 8min

October 18- Akeela & the Bee

Drama (PG) 1hr 52min

October 25 - The Pink Panther

Comedy (PG) 1hr 33min



CAHILL *Computer Classes*

Computer Basics

Fee \$5.00

Tuesday, October 10, 17 and 24 (3 classes)

9-10 am

For the beginner. Learn computer definitions, typing and mouse skills. Play computer games to improve dexterity.

Registration Code: 3711

Email Workshop

Fee: \$3.00

Wednesday, October 11 and 18 (2 classes)

9 - 10 am

Create your own free email account. Learn to respond to emails and create your private address book. Find out about spam, spyware and viruses.

Registration Code: 3712

Quiz Da Wiz

Fee: \$2.00

Wednesday, October 25 (1 class)

9 - 10 am

Bring all your computer software questions to this class for answers from our Computer Wiz - Excel, Word, PowerPoint, graphics, email and more.

Registration Code: 3713

For more information, contact Aileen Schmieder, Senior Service Leader, at 480-858-2422.

Autumn Leaves...Summer Days behind...



Well, we all made it through another summer no worse for wear (I hope). The Cahill Senior Center TCAA Program will kick off its fall season by exploring the events and experiences of the local Tempe area with a trip to the Tempe Historical Museum on Monday, October 9. We will then broaden our fall horizons by paying the Arizona Historical Society Museum at Papago Park a visit on Tuesday, October 24.

Yes, the anticipation of the fall weather has made us anxious for adventures, so join the Cahill Senior Center Monday, October 16th at 10:30 am for an autumn scavenger hunt & picnic. Plan on enjoying being out in the fresh air at Tempe Jaycee Park, located adjacent to the Cahill Senior Center, for this event. In case of inclement weather we will move the scavenger hunt indoors. So, be ready for action come rain or come shine!

October also sees us having two intergenerational activities with the Head Start Classroom that shares space in the Cahill Senior Center building. On Thursday, October 19 we will be reading stories with the early Head Start children starting at 10:30 am. Any senior who would like to volunteer their reading skills would be much appreciated. Just stop by the front desk at the Cahill Center and sign up. The Cahill Seniors will also play host to the Head Start children as they bring their Fall Festival Parade our way. In costume attire the little ones will come in and do a simple fall craft with our seniors on October 31 at 10:00 am. All seniors are welcome to participate and help a child create a craft to be proud of. Sign up at the front desk of the Cahill Senior Center.

As of October 2006, the Cahill Site Council will no longer be running the breakfast and games activity. Instead, the site council has decided to turn it over to the Cahill Center participants to run. The new breakfast & games will be a continental style, i.e., muffins or donuts, fresh fruit, juice & coffee. The new continental breakfast & games will still be held the fourth Wednesday of each month starting at 9:00 am. The cost will be \$2.00.

Arrr, mateys...On Monday, October 30 the TCAA lunch program will celebrate Halloween by hosting a pirate party! Come in pirate attire or be prepared to walk the plank. The Cahill Senior Center pirate party will have a best pirate costume contest, a pirate sing-a-long and some standard pirate games; pillaging and plundering optional.

Monday, October 2 The Cahill Senior Center Site Council will hold its monthly meeting at 10:30 am—all site council members are asked to be in attendance. The site council will also be celebrating its one year anniversary and wants to mark the occasion with all Cahill participants. The council will be sponsoring entertainment by the “Little Fiddler” Katherine Messer starting at 11:30 am, just before the TCAA congregate lunch. Make sure you make your lunch reservations by Friday, Sept. 29 before noon. This will be a fun lunch time filled with music and other surprises! This is the site council’s way of thanking all the regular Cahill lunch participants for their support over the past year.

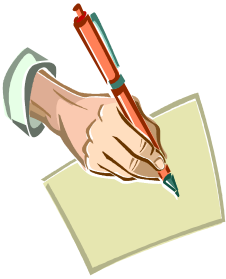
Cont'd from pg. 13

Monday, October 9 Tempe Historical Museum **No Fee** The van will leave the Cahill Senior Center at 9:45am. If you need van transportation please sign up through the Cahill Senior Center front desk ASAP: #480-858-2420. The van can only hold 12 passengers, but anyone who wants to drive their own vehicle can meet us at the Tempe Historical Museum at 10:00 am.



Monday, October 16 Join in a fantastic adventure as the TCAA congregate lunch group will go on a scavenger hunt & picnic at 10:30 am before lunch, at Jaycee Park, right next to the center. Regular TCAA lunch reservations must be made ahead of time. Call the Cahill front desk by noon on Friday, October 13 to reserve a spot.

Monday, October 23 We are excited to announce the return of our Cahill Senior Center friend and writing guide, Sandra Nagy, Ph.D., Director of writing across the curriculum, ASU. Sandra will be leading a follow up session to a presentation she did here at the Cahill Senior Center in spring of this year. She will further develop our skills for crafting well written memoirs or family histories. Sign up for this seminar by calling the Cahill front desk at 480-858-2420 or stop by the Cahill Center and sign up. We do need a count of all who plan on attending so Ms. Nagy can have an accurate amount of materials on hand for all participants.



Tuesday, October 24 Arizona Historical Society Museum at Papago Park trip. The **fee** for museum admission is **\$4.00 dollars**. There is no charge for van transportation from the Cahill Senior Center to the museum, but you need to sign up to ride the van through the Cahill Senior Center front desk ASAP. The van will leave the Cahill Senior Center at 9:45 am and has space for only 12 people. Those who want to take their own transportation can meet us at the museum at 10:00 am

Wednesday, October 25 Cahill Senior Center Continental Breakfast & Games. Cost is \$2.00 and **must be paid for by** Monday, October 23 at the Cahill Center front desk.



Monday, October 30 TCAA congregate lunch and pirate party. Make a lunch reservation through the Cahill Senior Center front desk, 480-858-2420 by noon, Friday, October 27. The party will begin at 11:00 with lunch still served at noon.

Intergenerational activities If you want to brighten up a child's day then volunteer to share your time with the Head Start children for either one of these activities or both!



October 19 at 10:30am - Reading to the Head Start children at the Cahill Center

October 31 at 10:00am - Fall Festival Parade & Craft with the Head Start children

OCTOBER - CAHILL SENIOR CENTER

MON	TUES	WED	THURS	FRI
<p>2</p> <ul style="list-style-type: none"> •10:30am Site Council Mtg •11:30am Entertainment Fiddler Katherine Messer •12pm TCAA lunch: Sloppy Joes, Capri mixed veggies, broccoli cuts, sliced peaches •1pm BINGO 	<p>3</p> <ul style="list-style-type: none"> •10am Needlework Club 	<p>4</p> <ul style="list-style-type: none"> •11am FREE Movie <i>Failure to Launch (PG-13)</i> •2:30pm Red Hat Ladies 	<p>5</p> <ul style="list-style-type: none"> •12pm TCAA lunch: Roast turkey, green bean casserole, sweet potatoes, wheat roll, peach Bavarian 	<p>6</p> <ul style="list-style-type: none"> •11am Oktoberfest Brat & kraut on a bun, potato salad, apple pie & ice cream. Entertainment by Kitch & Calli Comedy Team. •1pm BINGO
<p>9</p> <ul style="list-style-type: none"> •9:45am Tempe Historical Museum Trip •12pm TCAA lunch: Baked penne pasta with meat sauce, chopped spinach, Italian veggies, wheat bread, pears •1pm BINGO 	<p>10</p> <ul style="list-style-type: none"> •9am Class One Computer Basics •10am Needlework Club 	<p>11</p> <ul style="list-style-type: none"> •9am Class One Email Workshop •9am Breakfast & Bunco Waffles, sausage, fruit •11am FREE Movie <i>Syriana (R)</i> 	<p>12</p> <ul style="list-style-type: none"> •12pm TCAA lunch: Homemade meatloaf, peas & carrots, oven roasted potatoes, wheat bread, cinnamon bake apple 	<p>13</p> <ul style="list-style-type: none"> •10am Pool Tournament •11am \$2 Lunch Broccoli/cheese soup, bread •1pm BINGO
<p>16</p> <ul style="list-style-type: none"> •10:30am TCAA Scavenger Hunt & 12pm Picnic Lunch at Jaycee Park •1pm BINGO 	<p>17</p> <ul style="list-style-type: none"> •9am Class Two Computer Basics •10am Needlework Club 	<p>18</p> <ul style="list-style-type: none"> •9am Class Two Email Workshop •11am FREE Movie <i>Akeela & the Bee (PG)</i> 	<p>19</p> <ul style="list-style-type: none"> •10:30am Reading to the Head Start children •12pm TCAA lunch: stuffed shells, Italian mixed veggies, broccoli cuts, wheat bread, peach halves 	<p>20</p> <ul style="list-style-type: none"> •10am Pool Tournament •11am \$2 Lunch - BYO Lunch ~ chocolate dessert provided •1pm BINGO
<p>23</p> <ul style="list-style-type: none"> •10:00am Memoir Workshop Follow-up Class •12pm TCAA lunch: Birthday Luncheon: chicken fried steak, country mashed potato, glazed carrots, wheat bread, birthday cake •1pm BINGO 	<p>24</p> <ul style="list-style-type: none"> •9am Class Three Computer Basics •9:45am AZ Historical Society Museum Trip @ Papago Park •10am Needlework Club 	<p>25</p> <ul style="list-style-type: none"> •9am Quiz da Wiz 9am Breakfast & Games •11am FREE Movie <i>The Pink Panther (PG)</i> 	<p>26</p> <ul style="list-style-type: none"> •10 -10:30am 1st Public Transportation Workshop •12pm TCAA lunch: Oven roast turkey, mashed potatoes, mixed veggies, wheat bread, fresh fruit 	<p>27</p> <ul style="list-style-type: none"> •10am Pool Tournament •11am \$2 Lunch Sloppy Joes, potato chips & pickle •1pm BINGO
<p>30</p> <ul style="list-style-type: none"> •11am TCAA Pirate Party & 12pm TCAA lunch: Swedish meatballs, mashed potatoes, slice carrots, wheat bread, pineapple tidbits •1pm BINGO 	<p>31</p> <ul style="list-style-type: none"> •10am Needlework Club •10am Fall Festival Parade & Craft with the Head Start children 	<p><i>Happy Fall</i></p>		

Valley Metro's Transit Training Program is coming to the Pyle and Cahill Centers in October. Watch for flyers on this important series of workshops that includes free bus field trips. Become a bus riding expert and have some fun, too!

HAPPY HALLOWEEN



Visit our website at: <http://www.tempe.gov/pyle>

Retirees of Tempe Association
655 East Southern Avenue
Tempe, AZ 85282